

COVID-19 Prevention Tips

1



Wash your hands often

Wash your hands with soap and water for at least 20 seconds after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

2



Avoid close contact

If you are not yet vaccinated, stay at least six feet (about two arms' length) from other people. Stay out of crowded places and avoid mass gatherings. Keeping distance is important for people who are at higher risk of getting very sick.

3



Wear a face covering

If you are not yet vaccinated or are in a school or healthcare setting, cover your mouth and nose with a cloth face cover when around others. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without help.

4



Get Vaccinated!

Visit vax.rchd.com to learn more about where you can receive your COVID-19 vaccine. Everyone age 12 and older can now get a vaccine! You can attend one of our walk-up events (no appointment needed), schedule online or by phone, or find a pharmacy near you by visiting vaccines.gov.